LIGE B0DQD9XRVG

LIGE Military Smart Watch
INSTRUCTION MANUAL

Introduction

Thank you for choosing the LIGE Military Smart Watch. This robust and feature-rich device is designed to enhance your daily life and outdoor activities with its advanced capabilities and durable construction. It combines military-grade inspection standards with comprehensive health tracking, communication features, and a wide array of sport modes.

Image: LIGE Military Smart Watch, highlighting its design and waterproof capabilities.

What's in the Box:

- Smartwatch x 1
- Magnetic charger x 1
- Stainless steel band x 1
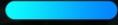- Silicone band x 1
- 2-year warranty card x 1

Setup
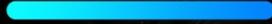
Initial Charging and App Installation:

Before first use, fully charge your smartwatch using the provided magnetic charger. The watch requires the "FitCloudPro" application for full functionality. Scan the QR code provided in the packaging or search for "FitCloudPro" in your device's app store to download and install.

Image: Step-by-step guide for connecting the smartwatch to your smartphone via the FitCloudPro app.
Download the FitCloudPro app: FitCloudPro App

Strap Installation and Adjustment:

The LIGE Military Smart Watch comes with two interchangeable bands: a stainless steel band and a silicone band. Both feature quick-release pins for easy attachment and removal. To attach a band, align the pin with the lug hole on the watch body and slide the quick-release lever to secure it. Ensure both sides are firmly in place.

Made for Outdoor Sports

Rugged Military Men Smart Watch Special for Outdoor Survival

Anti-mpact

Anti-corosion

-40°C-C~70°C Harsh Condition

Dustproof

Sweatproof

Crash Resistant

Dustproof

Image: Smartwatch with the comfortable silicone band attached.

For the stainless steel band, a special tool is included to adjust its length by removing or adding links. Refer to the included instruction card for detailed steps on adjusting the metal band.

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Video: Demonstration of how to change and adjust the smartwatch bands.

Operating

Basic Navigation and Interface:

The smartwatch features a 1.96-inch full touchscreen display with a high resolution of 320*386 pixels. Navigate through

menus and functions by swiping across the screen and tapping icons. The side buttons provide additional control for power and back functions.

Image: Close-up of the 1.96-inch HD screen, showcasing its clarity and detailed display.

Bluetooth Calling & Message Notifications:

Connect your smartwatch to your smartphone via Bluetooth to enable direct call answering and making from your wrist. The built-in high-quality speakers and microphones ensure clear communication. Receive synchronous alerts for messages from phone SMS, WhatsApp, Twitter, Facebook, Gmail, and other applications, ensuring you never miss important updates. The watch also supports AI voice assistant and music playback control.

Image: Smartwatch showing incoming call and message notifications from various social media and communication apps.

Watch Faces:

Personalize your smartwatch with over 200 different watch faces available through the "FitCloudPro" application. You can also customize the watch face using your favorite images from your phone's gallery.

Image: A selection of over 180 personalized watch dials, including the option to use custom photos.

Health Tracking:

The smartwatch provides comprehensive 24-hour health monitoring, including real-time heart rate, blood pressure, and blood oxygen level detection. It also features sleep monitoring, recording your sleep duration and identifying sleep stages (deep sleep, light sleep). Sedentary reminders and hydration reminders help you maintain a healthy routine. Monitoring data can be stored for up to 30 days in the app for review.
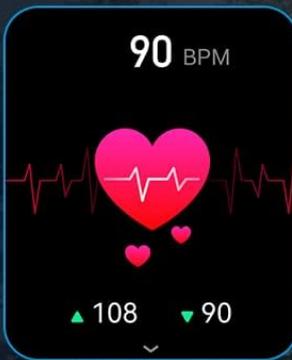
Health Fitness Watch

This smart watch for men comprehensively displays 24-hourheart rate, blood pressure, Blood Oxygen. sleep monitoring and other datain the form of day, week, month.

150/60
Normal

▲ 150/90   ▼ 90/60

Blood Pressure

98 %
Normal

▲ 99%   ▼ 94%

Blood Oxygen

90 BPM

▲ 108   ▼ 90

Heart Rate

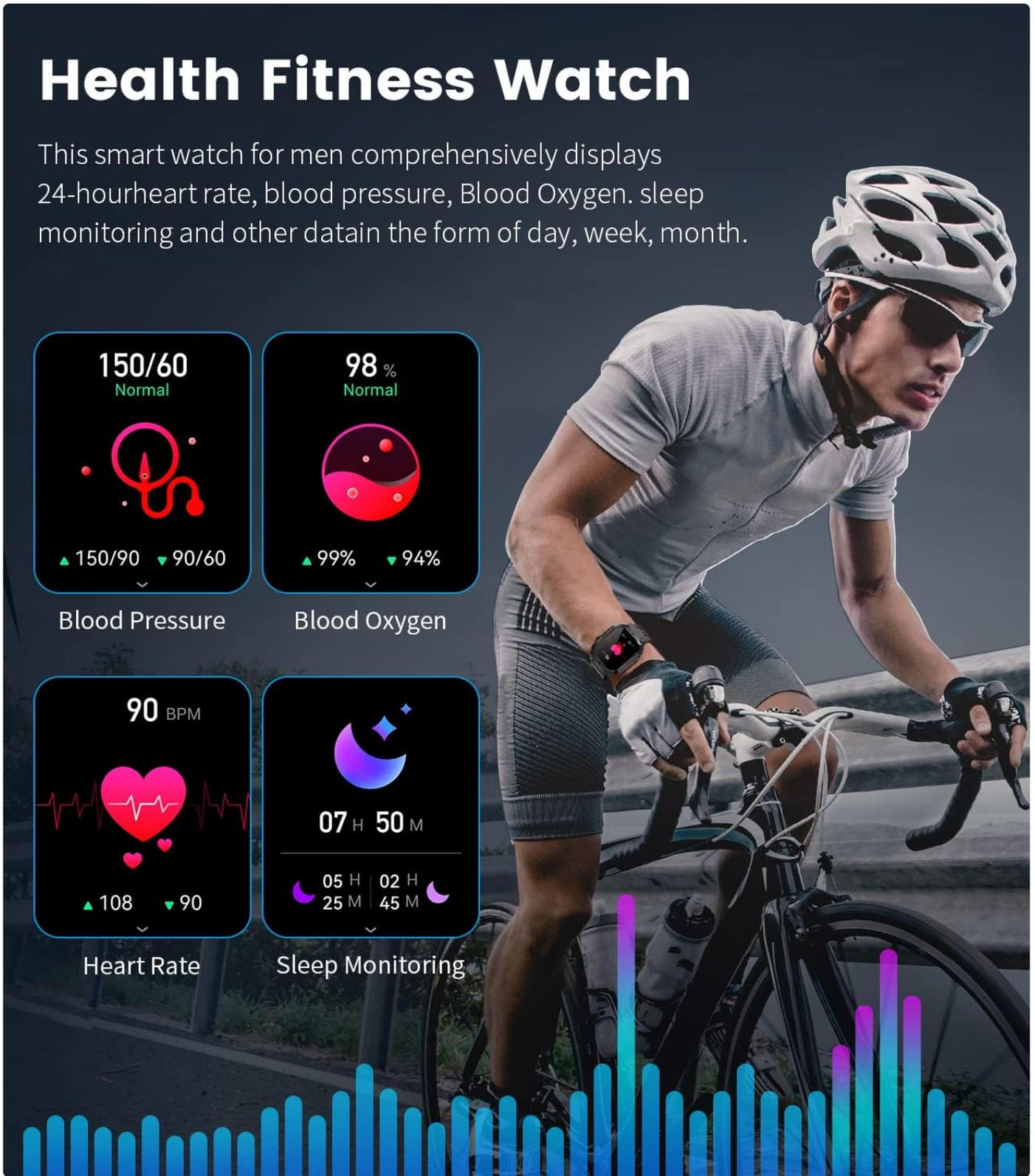**07** H **50** M

05 H 25 M | 02 H 45 M

Sleep Monitoring

Image: Visual representation of the smartwatch's health tracking capabilities, including heart rate, blood pressure, blood oxygen, and sleep data.

Sport Modes:

With over 100 built-in sport modes, this fitness tracker accurately records your movements and tracks key metrics for various activities such as running, cycling, climbing, surfing, rowing, soccer, golf, and tennis. It monitors workout time, steps, distance, and calories burned, making it an ideal companion for your fitness journey.

Image: Overview of the smartwatch's extensive 100+ sports modes for diverse physical activities.

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Video: A demonstration of the smartwatch's features, including its various sport modes and user interface.

Maintenance

Water Resistance:

The LIGE Military Smart Watch is 5ATM waterproof, ensuring it can withstand water pressure equivalent to a depth of 50 meters. This makes it suitable for activities like swimming, handwashing, and exposure to rain without affecting its functionality.

Image: The smartwatch demonstrating its IP68 waterproof capability during water activities.

Durability:

Constructed with special composite materials and a metal casing, this smartwatch has passed ten standard military-grade tests, including shock, low-temperature, vibration, rain, salt spray, fungus, liquid contamination, sand and dust, and solar radiation tests. This ensures its reliability in various harsh outdoor conditions.
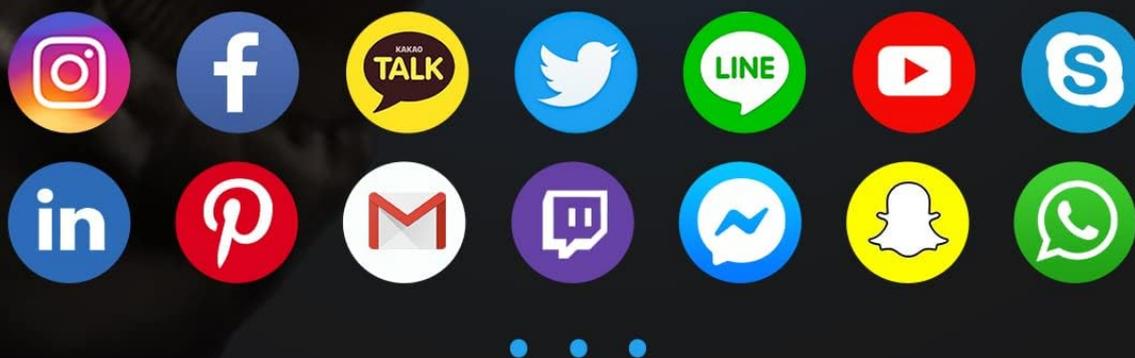
Image: The smartwatch highlighting its military-grade durability features for outdoor sports.

Battery Life:

Equipped with a 400mAh large capacity battery, the smartwatch offers extended usage. A full charge takes approximately 2 hours, providing 5-7 days of typical use and up to 20 days in power-saving standby mode.
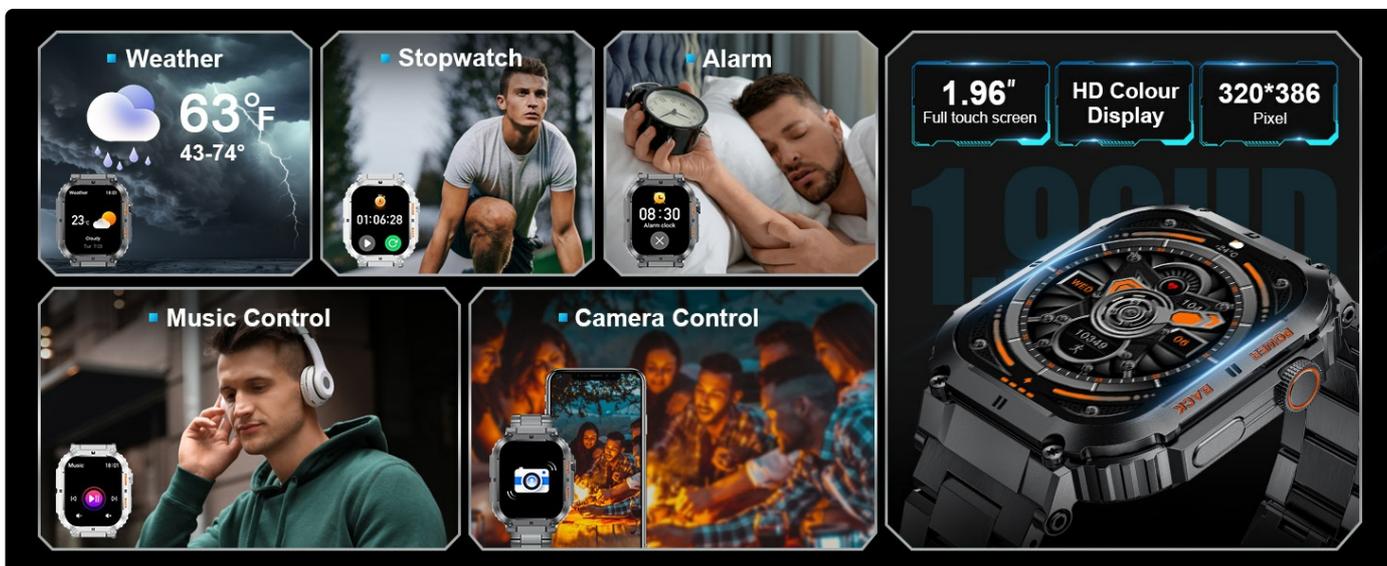
Image: Information on the smartwatch's 400mAh battery capacity and its impressive usage and standby times.

Troubleshooting

If you encounter any issues with your LIGE Military Smart Watch, please consider the following common solutions:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Re-open the "FitCloudPro" app and attempt to reconnect.
- **App Sync Problems:** Verify that the "FitCloudPro" app has all necessary permissions enabled on your phone.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist. Clean the sensors on the back of the watch regularly.
- **Battery Drain:** Reduce screen brightness, disable unnecessary notifications, or use power-saving mode to extend battery life.

For any missing accessories, quality concerns, or persistent operational problems, please contact LIGE customer service for assistance.

Specifications

Feature	Detail
Brand	LIGE
Model	B0DQD9XRVG
Screen Size	1.96 Inches
Battery Capacity	400 Milliamp Hours (Lithium Polymer)
Connectivity	Bluetooth
Water Resistance	5ATM / IP68
Special Features	Weather Forecast, Alarm Clock, Bluetooth calls, notifications, voice assistants, 120 sport modes, stopwatch, health tracker, timer, password lock, find watch & phone, calculator, music & camera control, do not disturb mode, brightness setting, Wireless Charging

Human Interface Input	Touchscreen, Buttons
Item Weight	8.8 ounces
RAM Memory Installed Size	128 MB
Country of Origin	China
Date First Available	December 13, 2024

Warranty and Support

LIGE WATCH offers a 180-day no-questions-asked money-back guarantee and a 12-month free invoice guarantee for your peace of mind. Our customer service team is available 24/7 to assist you with any concerns or product-related issues.

Note: The health monitoring data provided by the smartwatch is for reference purposes only and is not intended as medical data or for medical diagnosis.